

**How Can I Get
More Information?**



For more information about how to quit smoking, please visit our website at www.passporthealthplan.com.



University Health Care, Inc.
with The Partnership Council
Administered by AmeriHealth Mercy

305 W. Broadway, 3rd Floor
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ARE YOU READY TO
**KICK
THE
HABIT?**



Are You Ready to Kick the Habit?

Cigarette smoking is the single most preventable cause of disease and death in the United States. Smoking is harmful to both your heart and lungs. Everyone can benefit from quitting.

Reasons to quit



Smoking increases your:

- Risk of having a heart attack and stroke.
- Blood pressure.
- Risk of having lung cancer and chronic lung disease.
- Bad cholesterol and lowers your good cholesterol.
- Risk of erectile dysfunction and impotence in men.

Where can I go to get help?

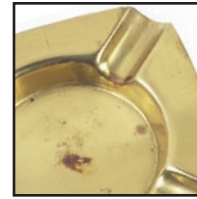


- Talk to your provider about quitting. Always follow his or her advice. Your provider may prescribe medicine to help you quit.
- Find and join a stop-smoking support group:
 - If you live in Jefferson County,

call the Stop Line at (502) 574-7867.

- If you live outside Jefferson County, call your local health department.
- Call these quit smoking support services toll-free:
 - Kentucky Quit Now support line at 1-800-784-8669.
 - Cancer Information Service Quit Line at 1-800-422-6237.
 - American Lung Association Freedom at 1-800-586-4872.

How Do I Start?



- Set a quit date. Stick to it. Think about times when you tried to quit. What worked? What did not work?
- Throw out ashtrays and lighters before your quit date.
- Think positive ... focus on what quitting can do for you!
- Know that nicotine is very addictive:
 - Be prepared for withdrawal symptoms. This happens to everyone. Plan ways to deal with withdrawal symptoms.
- Make a list of reasons why you want to quit:
 1. Live longer

2. Be healthier
 3. Have more energy
 4. Cough less
 5. Be less short of breath
 6. Have a lower chance for heart problems, stroke and cancer
- Post the list of reasons around the house and look at it when you have the urge to smoke.
 - Tell family and friends that you are going to quit smoking. Ask for their support and understanding.
 - Get any medicines your provider has prescribed to help you quit. Take the medicines exactly as your provider tells you.
 - Stock up on gum, hard candies, or things to try instead of cigarettes.

Save Money and Live Better!



- If you smoke 1 pack per day you will save over \$1100 a year.
- You can use this money to treat yourself when you quit. You have earned it!
- Get ready to enjoy the benefits of being a non-smoker! You will feel much better and healthy!